THE AUDIT SELF TEST

How often do you have a drink containing alcohol?

SCORE

□Never	0
□Monthly or Less	1
□2 to 4 times per month	2
□2 to 3 times per week	3
□4 or more times a week	4

How many drinks containing alcohol do you have on a typical day when you are drinking?

	SCURE
□ 1 or 2	0
□ 3 or 4	1
□ 5 or 6	2
□ 7 to 9	3
□ 10 or more	4

How often do you have six or more drinks on one occasion?

□ Never	0	
☐ Less than monthly	1	
□ Monthly	2	
□ 2 to 3 times per week	3	
□ 4 or more times a week		4

SCORF

How often during the last year have you found that you were not able to stop drinking once you had started?

How often during the last year have you failed to do what was normally expected from you because of drinking?

SCORE

How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?

SCORE

How often during the last year have you had a feeling of guilt or remorse after drinking?

	SCO	KE
□ Never0		
☐ Less than monthly	. 1	
□ Monthly		
□ 2 to 3 times per week		
□ 4 or more times a week		4

How often during the last year have you been unable to remember what happened the night before because you had been drinking?

SCORE

Have you or someone else been injured as a result of your drinking?

Has a relative, friend, doctor, or other health worker been concerned about your drinking or suggested you cut down?

	50	UKE
□ No	0	
☐ Yes, but not in the last year	• • •	2
☐ Yes, during the last year	4	

If you scored a "0" then you are a non-drinker and probably wondering why you had to sit Why am I class.





If you scored between "1" and "7" then you are probably just a social drinker who drinks occasionally and responsibly.

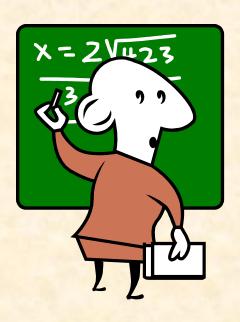


If you scored between "8" and "40":

You are exhibiting some high risk drinking behaviors and may want to take a closer look at your drinking patterns and any effects your drinking is having on your:

- **□**Relationships
- **□Work**
- **□**Finances
- □**Legal**

If you scored greater than "40", then you either need to take a math class or you are drunk right now!





The AUDIT

Designed by the World Health Organization

- □Screening Tool
- □ Identify Hazardous or harmful drinking behaviors

Army Statistics

- Audit results indicate that 31% of all Soldiers surveyed exhibit high risk drinking behaviors.
- 72.5 % of all Soldiers screened and enrolled by the ASAP for a substance abuse problems are enrolled in treatment for Alcohol not drugs.
- The Army enrolls over 2,000 Soldiers in treatment for alcohol abuse after they receive a DWI/DUI each year.

Army Statistics

- The last DoD Health Survey indicated:
 - Soldiers abuse alcohol more than Sailors or Airman.
 - 10.3% of Soldiers experience serious consequences such as article 15s, DUIs, injuries, or divorce, etc due to their drinking.
 - 16% of Soldiers experience productivity loss at work such as being late, accidents, illness, or performing below standards due to alcohol use.

Remember your WARRIOR

- ersonal Courage
 - espect
 - ntegrity uty

Excellence

Summary

ASAP Telephone Number:

ASAP Address: